

**AN EVALUATION OF FOOD PARCEL INTERVENTIONS BY SOCIETAS  
SOCIALIS (SOS) CHILDREN'S VILLAGES IN THE CONTEXT OF HIV AND AIDS:  
A CASE STUDY OF ENNERDALE INFORMAL SETTLEMENT IN  
JOHANNESBURG, SOUTH AFRICA**

by

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submitted in accordance with the requirements  
for the degree of

**MASTER IN SOCIAL AND BEHAVIOURAL STUDIES IN HIV AND AIDS**

at the

**UNIVERSITY OF SOUTH AFRICA  
DEPARTMENT OF SOCIOLOGY**

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October 2020

## **DECLARATION**

Student number: 36830399

I solemnly declare that this report titled AN EVALUATION OF FOOD PARCEL INTERVENTIONS BY SOCIETAS SOCIALIS (SOS) CHILDREN'S VILLAGES IN THE CONTEXT OF HIV AND AIDS: A CASE STUDY OF ENNERDALE INFORMAL SETTLEMENT IN JOHANNESBURG, SOUTH AFRICA, is based on my own work carried out during the course of my study under the supervision and guidance of Dr. N.C. Mthembu. This study has not been submitted before to any institution for any other degree or diploma or any other University in South Africa or outside of the country.

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Signature

Vincent Hlabangana

.....

Date

## **SUMMARY**

This study investigated and evaluated the success and impact of the foodstuff package intervention that is offered by SOS Children's Villages to households affected by HIV and AIDS. The study population comprised households who were involved in the food parcel distribution intervention, those affected by HIV and AIDS, those individuals who were able to talk freely about their lives as full participants and recipients of food parcels, and those aged 18 years and older.

This study determined how food parcel intervention promotes self-sufficiency post-intervention. This was determined by interviewing recipients of food parcels from 2010 to 2018. The food parcel dissemination has been a core intervention to families affected by HIV and AIDS, but yielded very little progress towards assisting people to reach self-reliance. The aim of the study was to gain an understanding of the food parcel intervention using a qualitative research design. This study focused only on families affected by HIV and AIDS, including young people aged eighteen years and above. The study was based on a purposive sampling method with in-depth and focus group interviews as a means of collecting data. The results and implications of this study are discussed in depth in this research report. Essentially, the findings of this study could inform the development of policies and strategies to be considered for possible implementation by NGO's and government in supporting family units affected by HIV and AIDS.

### **Key terms:**

Evaluation; food parcel livelihood; HIV and AIDS; household; independence; NGO; self-reliance and sustainability

## **ACKNOWLEDGEMENTS**

I hereby express my profound gratitude and appreciation for the support and motivation of my supervisor, Dr. N.C. Mthembu, without whom this study would not have been realised. Further acknowledgements go to Mr. S. Motsitsi, Programme Director at SOS Children's Villages, Ennerdale, who allowed me to conduct this study in the Family Strengthening Programme, widely known as the FSP. I owe a deep gratitude to my late wife, Lulama Hlabangana, who inspired me then and continues to inspire me, particularly in this study. She indeed is a motivation to this study. Special thanks go to my daughters, Anastacia Hlabangana and Tendai Hlabangana, for supporting me throughout this study.

## **LIST OF ABBREVIATIONS/ACRONYMS**

AIDS	-	Acquired immunodeficiency syndrome
FDP	-	Family Development Plan
FSP	-	Family Strengthening Programme
HIV	-	Human immunodeficiency virus
NGO	-	Non-governmental organisation
SASSA	-	South African Social Security Agency
SOS	-	Societas Socialis / Community of Friends
SAW	-	Social auxiliary worker
UNAIDS:	-	United Nations Programme on HIV and AIDS

## TABLE OF CONTENTS

<b>DECLARATION.....</b>	<b>i</b>
<b>SUMMARY.....</b>	<b>ii</b>
<b>ACKNOWLEDGEMENTS.....</b>	<b>iii</b>
<b>LIST OF ACRONYMS AND ABBREVIATIONS.....</b>	<b>iv</b>
<b>CHAPTER 1: INTRODUCTION.....</b>	<b>1</b>
1.1 Introduction .....	1
1.2 Problem statement.....	1
1.3 Aims and objectives.....	2
1.4 Research questions.....	3
1.5 Justification of study.....	3
1.6 Theoretical approaches.....	3
1.6.1 Ubuntu.....	3
1.7 Outline of chapters.....	4
1.8 Conclusion.....	5
 <b>CHAPTER 2: LITERATURE REVIEW.....</b>	 <b>6</b>
2.1 Introduction.....	6
2.2 History of SOS Children's Villages.....	6
2.3 Areas where SOS Children's Villages operate.....	7
2.4 Child-headed households.....	7
2.5 How HIV and AIDS affect children.....	8
2.6 Statistics of poverty in Ennerdale informal settlement.....	8
2.7 Community interventions.....	9
2.8 Poverty situation in South Africa.....	9
2.9 Historical background of food parcel distribution in South Africa.....	9
2.10 HIV and AIDS situation in South Africa.....	10
2.11 Global situation of HIV and AIDS.....	11
2.12 Situation of HIV and AIDS in sub-Saharan Africa.....	11
2.13 Role of Social Development, including SASSA.....	12
2.14 Impact of HIV and AIDS on food distribution and coping responses.....	14
2.15 Conclusion.....	15

<b>CHAPTER 3: RESEARCH METHODOLOGY.....</b>	<b>16</b>
3.1 Introduction.....	16
3.2 Research method in the study.....	16
3.2.1 Study design.....	16
3.2.2 Justification of research design.....	17
3.3 Target population and sampling.....	17
3.4 Data collection methods.....	19
3.5 Data analysis and interpretation approach.....	20
3.6 Validity and reliability.....	21
3.7 Ethical considerations.....	22
3.8 Conclusion.....	22
 <b>CHAPTER 4: PRESENTATION OF DATA .....</b>	 <b>24</b>
4.1 Introduction.....	24
4.2 Qualitative interpretation of results.....	24
4.3. Participants' biographical attributes.....	27
4.4 Participants 'experiences of the food parcel intervention.....	29
4.5 Survival strategies.....	30
4.6 Viability of food parcel intervention.....	31
4.7 Conclusion.....	32
 <b>CHAPTER 5: DISCUSSION OF FINDINGS.....</b>	 <b>33</b>
5.1 Introduction.....	33
5.2 Objectives, theoretical outline and methodology.....	33
5.3 Socio-economic context and rationale of food parcel strategy.....	33
5.4 Research findings.....	33
5.5 Summary of responses.....	36
5.6 Conclusion.....	36
 <b>CHAPTER 6: RECOMMENDATIONS AND CONCLUSION.....</b>	 <b>38</b>
6.1 Introduction.....	38
6.2 Summary of conceptual understanding.....	38
6.2.1 Theory, literature discourse and issues relating to food parcel strategy.....	39
6.3 Findings in line with problem statement and research design.....	39

6.3.1	Participants' biographical attributes.....	39
6.3.2	Experiences of food parcel intervention.....	39
6.3.3	Survival strategies.....	40
6.3.4	Viability of food parcel intervention.....	40
6.4	Limitations of the study.....	41
6.5	Integration of the research.....	41
6.6	Recommendations.....	42
6.7	Recommendations for further research.....	43
6.8	Contributions of the study.....	44
6.9	Conclusion.....	44

<b>REFERENCES.....</b>	<b>45</b>
------------------------	-----------

<b>APPENDICES.....</b>	<b>52</b>
------------------------	-----------

Appendix A: Interview guides.....	52
Appendix B: Request for consent to participate in the study.....	57
Appendix C: Ethical clearance certificate.....	58
Appendix D: Confidentiality and anonymity.....	60
Appendix E: Consent to participate in the study.....	61

## **TABLES AND FIGURES**

### **Figures:**

Figure 3.1 Location of Ennerdale informal settlements .....	17
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### **Tables:**

Table 4.1: Demographics of participants: in-depth interviews.....	25
Table 4.2: Demographics of participants: focus group interviews.....	26
Table 4.3: Participants' biographical attributes.....	28



# CHAPTER 1

## INTRODUCTION

### 1.1 Introduction

The study focused on community-based intervention in which SOS Children's Villages and other organisations play critical roles in services offering food parcels to recipients affected by HIV and AIDS. A review of the literature in which food parcel intervention is the focus was conducted in order to ascertain the experiences and self-reliance of those receiving food parcels and the effectiveness of this intervention. SOS believes in the empowerment of families. Therefore families are afforded all the necessary assistance to enable them to care for themselves and protect and care for their own children. The programme focuses on those families who are willing to do something to change their situation (SOS, 2011:9). According to SOS (2011:9), families are supported with material assistance such as food parcels, education, clothing and housing.

The ultimate goal of SOS is phasing over; this refers to withdrawing from everyday involvement in the community as stakeholders are now able to sustain themselves and further develop programme responses (SOS 2011:9). It should be noted that SOS does not have to wait until community-based responses are 'perfect' before phasing over and withdrawing from direct involvement in the community. Rather, SOS is generally content when these responses are 'good enough' vis-à-vis/in terms of the desired outcomes (SOS 2011:12). The time frame for *phasing over* and the withdrawal from direct everyday involvement in programme responses within the community should be made clear to all relevant stakeholders. This is not the case with many households affected by HIV and AIDS.

### 1.2 Problem statement

According to SOS (2011:3), communities play a key role in responding to their own personal needs and in fulfilling their rights. They are active participants within the programme. Since the introduction of the food parcel intervention, SOS has aimed at supporting families towards sustainability (SOS 2011:10). However, the food parcel intervention has yielded very little progress towards assisting families to attain their self-reliance.

According to the Department of Agriculture (2002:6), there are about 13.8 million South Africans who experience food shortages. This figure comprises a diversity of people. According to South Africa's strategy on household food and nutrition (2013), food packages involve an additional amount of government's largely social defence package. In 2011/12, R118 million was planned for food parcels, allowing for the dissemination of nearly 100 000 household-months' worth of food. From the viewpoint of government, the benefit of food parcels is that they can be targeted at those in severe need and those who may not qualify for other forms of support such as social grants. According to Nkwana (2015:272), the right to access to sufficient food is embedded in the Bill of Rights of the Constitution of the Republic of South Africa, 1996. Nkwana (2015:272) adds that the South African government has undertaken to promote and protect the right to access to sufficient food, and to directly afford this right to those households who are unable to enjoy it for reasons beyond their control.

South Africa (1996) asserts that every resident of South Africa has the right to access to basic essential services. Food parcels to households affected by HIV and AIDS are therefore an essential component of basic essential services. South Africa has a high rate of unemployment. In the Ennerdale area, it is important that efforts to achieve and maintain the well-being of communities are undertaken urgently. Research conducted by Mambulu (2014:14) shows that households can be self-reliant through adopting a number of strategies instead of being passive recipients of food parcels. Strategies for self-reliance can include but are not limited to training of HIV- and AIDS-affected households on improved ways of farming and integrating fish and vegetable farming as resources for improving their food security. The main problem associated with this study was to obtain a better understanding of families' positive and negative experiences, and come up with possible alternative solutions to food parcel distribution.

### **1.3 Aims and objectives**

From above discussion, the primary objective of this study is to determine how families affected by HIV and AIDS and receiving food parcels can achieve self-reliance. The other specific objectives were the following:

- i To investigate the success of SOS's food parcel distribution intervention;
- ii To determine the subjective experiences of individuals and households affected by HIV and AIDS; and

- lii To determine whether the distribution of food parcels promotes the self-reliance of households affected by HIV and AIDS.

#### **1.4 The research questions**

Research questions were important in enabling a better understanding of the research topic. The specific research questions of this study were the following:

- What are the experiences of families affected by HIV and AIDS in the Ennerdale area regarding SOS food parcel intervention?
- What are the other alternatives and sustainable intervention support systems available to beneficiaries of SOS programmes?
- Does food parcel intervention increase self-reliance? If that is so, explain how.

#### **1.5 Justification of the study**

The intention of this study was to highlight the importance of food parcel intervention and to investigate what is offered to affected households with the aim of promoting self-sufficiency post-intervention. Apart from highlighting the importance of food parcel intervention, the study aimed at gaining a better understanding of the intervention and of the experiences of households affected by HIV and AIDS and who have been or are still recipients of food parcels. The study also aimed at investigating alternative interventions to the food parcel intervention.

#### **1.6 Theoretical approach**

##### **1.6.1 Ubuntu**

The concept of *ubuntu* is important in the South African context. In essence, the African concept of *ubuntu* suggests that 'we are because of others'. In this study, the candidate considered the social concept of *ubuntu*, framed conceptually, and explored the concept of helping the vulnerable in society. Broodryk (2002:26) defines *ubuntu* as a comprehensive ancient African world view based on the values of intense humanness, caring, sharing, respect, compassion and associated values, ensuring a happy and qualitative human community life in a spirit of family. Providing food to families is in line with the spirit of *ubuntu* as enshrined in the Constitution of South Africa. Broodryk (2002:39) adds that the right to food is regarded as a fundamental right which gives meaning and contents to the right to life.

The definition provided below of *ubuntu* was accepted as a working definition for the purpose of this study. It is about the essence of being human; it is part of the gift that Africa gives the world. It embraces hospitality, caring about others, being able to go the extra mile for the sake of others. We believe that a person is a person through another person; that one's humanity is caught up and bound up, inextricably, with that of another. When I dehumanise you, I inexorably dehumanise myself. The solitary human being is a contradiction in terms and therefore we seeks to work for the common good because our humanity comes into its own in belonging (Tutu, 2000).

In this study, the concept of *ubuntu* helps the candidate better understand the moral and ethical responsibility of organisations, individuals and governments in showing compassion towards the most vulnerable, and in this case, those affected by HIV and AIDS. The concept of *ubuntu* also helps recipients of food parcels understand their right to be supported with basic needs such as food. In his argument, Broodryk (2002:39) recommends that governments should make feeding schemes available to all, but especially to needy children and families. In the opinion of the candidate, application of the spirit of *ubuntu* does not mean the promotion of dependency. Naturally, when people freely receive, they are likely to give to others freely as well because it is the African way to show compassion towards others (Broodryk, 2002:38).

## **1.7 Outline of chapters**

*Chapter one* gives a broad synopsis of the research topic, which is food parcel intervention and presents the central concepts which form part of the study. This chapter introduces the topic under study and outlines the problem statement, aims and objectives of the study as well as the research questions guiding the study. In addition, this chapter explains why this study is justified and why the theoretical approach was used in the study.

*Chapter two* provides a literature review of comparable research and a critical and in-depth evaluation, summary and synopsis of previous research on a similar area of study, providing a background to the current research on food parcel intervention. This chapter further provides a picture of the extent of poverty, the historical background of food parcel distribution, and the state of HIV and AIDS in South Africa as well as globally. Chapter two outlines the role of Social Development in guaranteeing self-reliance. The impact of

food parcel distribution on households, community and societal levels is also described in this chapter.

*Chapter three* describes an overview of the research methodology used in the study, which in this case is qualitative design, the geographical area where the study was conducted, the study design, target population, the sample used and the instrument used to collect the data, including methods implemented to maintain the validity and reliability of the research instrument.

*Chapter four* presents and discusses the qualitative interpretation of results emanating from in-depth and focus group interviews and interprets the data under the research questions which informed this study. In this chapter, the biographical attributes of participants are presented.

*Chapter five* discusses research findings relating to the research questions guiding this study. In this chapter, summaries of participants' responses are also described

*Chapter six* provides the summary of the purpose, methodology, results, conclusions and recommendations based on the analysed data. Chapter six provides a summary of chapters one to six, thereby providing an overview of the research and its objectives.

## **1.8 Conclusion**

This chapter presented the background of the research, the problem statement informing this study, and the theoretical approach used and highlighted the aims and objectives of the research. Chapter one also provided a chronological step-by-step approach of what is covered in the chapters to follow.

## **CHAPTER 2**

### **LITERATURE REVIEW**

#### **2.1 Introduction**

In this study, it was imperative to look into the history of SOS Children's Villages, how they originated, the type of work they do, where they exist in South Africa, the state of poverty and HIV and AIDS in South Africa, child-headed households and how the HIV and AIDS pandemic affects children. In addition, the chapter examines the historical background of food parcel distribution in South Africa, the role of the government, specifically the Department of Social Development, and the impact of HIV and AIDS on food distribution and coping responses. In order to better comprehend the topic under study, it was also essential to consider the historical and religious background from which food distribution emanated. .

#### **2.2 History of SOS Children's Villages**

According to SOS Children's Villages (n.d.), the organisation was founded in 1949 by a young Austrian medical student, Hermann Gmeiner, who witnessed the suffering of so many orphaned and abandoned children after World War II that he felt that something had to be done to help them.

Out of his unswerving conviction, the SOS Children's Village idea was born. Gmeiner noted SOS's unique approach: "What orphaned and abandoned children need first and foremost is a family - a family in which they can develop normally." SOS Children's Villages began to grow: first Children's Villages and youth facilities were established throughout Europe. In the early 1960s they moved to Latin America (beginning in Uruguay) and Asia (beginning in South Korea and India). In the early 1970s, SOS Children's Villages began to establish programmes in Africa.

According to Lee, Pichler and Ajoub (2009:2), SOS Children's Villages International is the umbrella organisation of more than 130 affiliated national SOS Children's Village associations worldwide. SOS Children's Villages is a non-governmental and non-denominational child-focused organisation that provides direct services in the areas of care, education and health for both children at risk of losing parental care, and those who

have lost parental care. The organisation also builds the capacity of the children's caregivers, their families and communities in order to provide adequate care.

SOS Children's Villages has since grown to become an organization whose childcare concepts and educational principles are recognized throughout the world. Currently there are 2,000 SOS Children's Village facilities worldwide. In South Africa, the first SOS Children's Villages was established in 1982 in Ennerdale.

### **2.3 Areas where SOS Children's Villages operate in South Africa**

According to SOS (n.d.), there are eleven SOS programme sites in South Africa. These SOS programmes are situated in Cape Town (Western Cape province), Ennerdale (Johannesburg, Gauteng province), Mamelodi (Pretoria, Gauteng province), Mathanjane (Limpopo province), Mthatha (Eastern Cape province), Nelsptuit (Mpumalanga province), Pietermaritzburg (Kwazulu Natal province), Port Elizabeth (Eastern Cape province), Qwa-Qwa (Free State province), Rustenburg (North West province) and Sekhukhune (Limpopo province).

### **2.4 Child-headed households**

According to Philips (2011:174), a child-headed household is one that consists of one or more members, in which the role of the principal caregiver has by necessity been taken over by a child under the age of 18 years. The term 'child-headed households' refers to families where only children under the age of eighteen years are members of the family (Meintjes et al., 2009).

According to Nxumalo (2015:19), sometimes children may become household heads whilst parents are still alive. Nxumalo (2015:19) adds that in such cases work migration results in children living without adult supervision. In other cases parents are terminally ill so that children are effectively without adult supervision. There are also cases where parents have abandoned their children. However, some children become household heads owing to the loss of both parents due to death. Nxumalo (2015:14) adds that the extremely rapid rate of orphanhood and destitution among children makes it difficult for families and communities to respond in the traditional manner of taking these children into extended families. This has resulted in the emergence of a new form of a family

structure: a household headed by one of the affected children, or simply a child-headed household.

## **2.5 How HIV and AIDS affect children**

According to SOS Children's Villages (2008:2), the AIDS pandemic has a devastating effect on the lives of millions of children and young people. They are deprived of a safe childhood, of their adolescence, and of their future as they lose their parents, relatives, teachers, doctors and their own lives owing to AIDS. SOS (2008:2) add that in 2007, 33 million people worldwide were estimated to be living with HIV. The impact of AIDS is most profoundly reflected in the lives of children, whose very survival and development are at stake. A total of 2.1 million children below the age of 15 are estimated to be living with HIV globally. According to Thumbadoo (2013:1), the circumstances of children living in rural areas and in the context of poverty and HIV/AIDs are devastating.

## **2.6 Statistics of poverty in the Ennerdale area**

SOS Children's Villages in South Africa operate in a context where social ills are rife. According to SOS (n.d.), there are 3, 500,000 orphaned children, 43.9 per 1000, a 53.80% child poverty rate, a 28.70% child malnutrition rate , a 24.90% unemployment rate and 19.10% rate of HIV and AIDS infection. According to SOS Children's Villages (n.d.), Ennerdale is located in very low-income area, of which 70% consists of informal settlements.

This means that there are a great number of children in this area who are born already disadvantaged. They grow up in areas where poverty and deprivation are prevalent, crime levels are high, unemployment is rampant and education is not available to all. Right from the start of their lives, these children have a lowered life expectancy and higher chances of contracting diseases and of stunted growth. As a result, their physical as well as their psychological and cognitive development is affected, and this in turn can lead to violence, aggression, delinquency, substance abuse and the disintegration of family life. Children growing up in poverty experience social exclusion and discrimination, making it hard for them to develop self-esteem. Once these children reach adolescence, their problems can intensify if they do not have a support network. Such a predicament is likely to hamper families' efforts to attain self-reliance in the long run.



## **2.7 Community interventions in the Ennerdale area**

SOS Children's Villages provide a number of interventions in the Ennerdale informal settlement. These include support to those members of the community who have been affected by HIV/AIDS by organising HIV/AIDS awareness and prevention campaigns; providing material support, for example, by paying for children's school fees and uniforms; counselling; psychological support; guidance on income-generating skills to empower them to become self-sufficient; and support to young adults as they make the transition to adulthood (SOS Children's Villages, (n.d.).

## **2.8 Poverty situation in South Africa**

Andersson and Axelsson (2016:14) explain that the term 'poverty' can be considered to have a collection of diverse corresponding meanings, depending on which subject area or discourse is being studied. In this study, however, the meaning of poverty was examined from an economic viewpoint. Furthermore, it can be chronic or provisional, is sometimes closely linked with inequality, and is often associated with susceptibilities, underdevelopment and economic marginalisation. It is therefore not unexpected to find that the question 'What does it mean to be poor?' arouses a different reaction from one person to another.

May (2010:3) describes poverty from the perspective of South Africa, and affirms that it is not conceivable to discuss poverty without reference to the country's great imbalance. According to May (2010:5), the decrease of poverty has been an unswerving theme of consecutive South African administrations since 1994. Furthermore, the apartheid regime left a total public debt of R190 billion, of which foreign debt amounted to some R5 billion. According to May, Sulla and Zikhali (2016: 4), pronounced unemployment remains the key challenge facing South Africa and the country struggles to produce adequate jobs.

## **2.9 Historical background of food parcel distribution in South Africa**

In order to better grasp the issue of food parcel intervention, it was imperative to look into the different contexts within which food parcel distribution was initiated. In the researcher's view, food parcels assist families physically, emotionally and psychologically. Today, many organisations, both state-owned and private, are engaged in food parcel distribution to needy families in various communities in South Africa. This view is supported by Van Wieren (2018:3) who asserts that the issue of food parcel is

understood in the historical and religious contexts where organisations worked in different ways to address the social, ecological, political and ethical challenges posed by current food systems. Van Wieren (2018:3) adds that these organisations work together in organising society – supported ventures, from farm to school programmes, educational efforts around health, nutrition and public policy advocacy efforts. In the researcher's experiences, these organisations include church organisations, non-governmental organisations (NGOs) and state-owned organisations. Van Wieren (2018: 4) confirms this by indicating that Jewish, Christian and Muslim groups have been involved in this kind of work over the years.

The distribution of food is both an ethical and moral responsibility. In support of this, Van Wieren (2018:4) argues that it is morally indefensible for some of the world's population to live in abundance while others suffer from hunger and starvation. It is essentially for this reason that SOS is engaged in the distribution of food parcels. They do so in a manner so that food parcels are shared equally and fairly amongst all those eligible to participate in the programme. In support of this, Van Wieren (2018:6) postulates that the benefits and risks of where, what and how food is transported, distributed, accessed and eaten, is shared fairly and equally.

However, today's food parcel distribution is understood in different historical, political and religious contexts. Howarth (2017:125), described food support as a prehistoric practice with origins in the food contributions in early Judeo-Christian communities, donations for the poor in the Middle Ages and the soup kitchens of the Industrial Revolution and 1930's Depression. Howarth (2017:125) adds that throughout the 20<sup>th</sup> century, this food donation turned into a welfare system based on normative assumptions about the moral responsibility of the state and civil organisations. Thus, in Ennerdale, various organisations, including SOS in partnership with the government, are involved in the distribution of food parcels. Howarth (2017:125) describes food parcel interventions as charity-run food banks that distributed temporary alternative food aid to improve the situation of acute hunger amongst the poor.

## **2.10 The state of HIV and AIDS in South Africa**

The UNAIDS report (2010:10) asserts that despite having the most progressive economy in Africa, South Africa is facing enormous socio-economic disparities ensuing from the oppressive apartheid regime. Furthermore, the UNAIDS report (2010:10) indicates that

South Africa is one of the many countries massively affected by HIV and AIDS, with the largest number of infections in the world. Chibango (2013:240) suggests that this could be attributed to South Africa's high population incidence of HIV infection and high-risk heterosexual behaviour as well as high levels of susceptibility due to poor socio-economic circumstances.

### **2.11 Global situation of HIV and AIDS**

HIV and AIDS is a global pandemic that continues to affect people. An estimated 36 million people worldwide are currently living with HIV and AIDS and some 20 million people have already died, giving a cumulative total number of HIV infections of 56 million (Piot, Bartos, Ghys, Walker & Schwar, 2001:968). A considerable number of recipients of food parcels in SOS Ennerdale are affected by HIV and AIDS and they contribute to the global figure.

### **2.12 Situation of HIV and AIDS in sub-Saharan Africa**

HIV and AIDS is an epidemic of enormous proportions. One of the most striking characteristics of the HIV and AIDS epidemic in sub-Saharan Africa is that women and girls are more infected and affected than men (Elbeshbishi, 2015:3). This is typical of the situation in SOS Ennerdale, where most of the participants affected by HIV and AIDS and receiving food parcels are females. This is a unique sub-Saharan tragedy. Elbeshbishi (2015:3) adds that women and girls bear the brunt of the AIDS crisis, both in terms of numbers infected by HIV and the provision of care and support for the sick and dying as well as the nurturing of the millions orphaned by AIDS. The situation of food parcel distribution in SOS Ennerdale is dire as many of the programme participants are affected by HIV and AIDS in one way or the other, making it difficult to provide adequate support.

According to Elbeshbishi (2015:8), HIV and AIDS is hitting Africa the hardest, not only because it is more prevalent on the continent, but also because of the inadequacy of Africa's coping mechanisms. These are marked by inadequate health systems, low education levels, volatile and low economic growth rates, high levels of poverty, and numerous wars and conflicts. The research participants in SOS Ennerdale are part of the sub-Saharan African system and are equally affected.

### **2.13 Role of Social Development in guaranteeing self-reliance**

According to Chibango (2013:244), the South African administration has responded in numerous ways and has also recognized and accepted strategies by civil society. However, anecdotal observation suggests that there might be a lack of coordination on the part of government, given numerous examples of interventions that exist in South Africa. Dlamini (2013:7) highlighted the significance of social grants in ensuring food obtainability to many families and the importance of viable and lasting results and approaches to address food scarcities. According to the Department of Agriculture (2002:27), HIV and AIDS and other illnesses have an undesirable bearing on food security. Anecdotal observation by the researcher revealed the importance of food parcel distribution to families. Food distribution remains vital in the lives of many households, particularly in countries where levels of malnutrition and poverty are high (Louise & Webb, 2009:1098). Schatz, Madhavan and Williams (2011:599) maintain that South Africa has a strong social grant system. Lory (2006) stresses that families experience the effects of HIV and AIDS because they are the major caregivers for the sick, particularly those affected and infected by HIV and AIDS.

The effect of HIV and AIDS has a direct negative bearing on the capability of families to produce enough food, and earn a salary. In addition, it impacts on the capacity to secure a food supply (Interagency Coalition on Aids and Development 2001:1) According to the researcher, this could be a contributing factor to households' relying on food parcels. For instance, HIV- and AIDS-affected individuals receive both financial and in-kind support from SOS. This in-kind support is in the form of food or shelter. According to Lucy (2010:1), in-kind support may be provided by individuals who live in the same household as the recipient or by someone outside of the household. It is argued that the decrease in income and lack of alternative food sources lead to the intensification on dependence (Interagency Coalition on Aids and Development 2001:1).

The Department of Agriculture (2002:7) emphasizes the importance of government to provide either short- or medium-term sustainable measures to its population. Given the South African context, it is necessary to consider and implement other sustainable interventions to support families affected by HIV and AIDS. The Department of Agriculture (2002:28-34) proposes a multiplicity of options to existing food parcel intervention. These include income-generating prospects and skills training to create feasible income

generation undertakings (Department of Agriculture 2002:30). Yakubu (2015:9) perceives off-farm as additional or complementary undertakings in which farmers can become involved to support themselves such as in casual labor and transportation business or small-scale trading. Yakubu (2015:9) adds that 'off-farm' refers to all income-creating activities, (except crop and livestock production) in which families can participate in order to care for themselves.

The Housing Development Agency (2013:6) defines an informal settlement as an unintended settlement on land which has not been plotted or declared as inhabited, and consisting mainly of informal dwellings (shacks). Furthermore, an informal settlement is defined as a temporary erection not declared official by a local authority and not intended as a permanent dwelling (Housing Development Agency 2013:6). Swinburne University (2011:1) defines evaluation as an organised procedure of measuring the achievement of a project in realising its objectives and reflecting on the lessons learned. Swinburne University (2011:2) mentions a number of reasons why evaluation is imperative. Some of these reasons include the following:

- To determine whether a project has met its planned objectives;
- To comprehend how the project has met its planned purpose, and reasons for not achieving the goals;
- To identify how successful the project was in translating resources (funded and in-kind) into activities, objectives and goals;
- To determine whether the project was viable and significant for participants; and
- To chart a way forward on how to develop and advance a project.

In the researcher's opinion, food distribution may play a positive role in alleviating the impact of HIV and AIDS among households and communities. In addition, it contributes to improved diets for people affected by HIV and AIDS and assists households without sufficient resources to purchase or produce the needed food. Anecdotal observation by the researcher suggests that food distribution remains a sensitive issue and the creation of dependency should be avoided. The distribution of food can never be an isolated intervention: it must be part of a unified package of longer-term development efforts. Food assistance may therefore be connected to occupational skills training, agricultural amplification and income-generating undertakings.

Alternative interventions to the situation of households receiving food parcels are of critical importance. In the researcher's view, access to resources must be enabled. for households receiving food parcels but also for other poor households. The targeting of interventions should include broader communities and not only households affected by HIV and AIDS. For example, interventions should lie in the domain of labour-saving strategies and micro-credit systems.

The SOS Report (2011:8) indicates that many families will not attain self-reliance in the care and protection of their children. Furthermore, SOS (2007:19) adds that self-reliance refers to a situation where households have access to indispensable services for children, have the aptitude to provide childcare and have tolerable family resources. Essential services refer to services needed to fulfil the immediate families' basic needs (SOS, 2007:10). Continuing support by SOS is needed until the children have grown into adulthood. Disputably, SOS acknowledges the restrictions of working only with families. Hence, it is important that SOS reinforces the sustainability of reactions on a community level so that continuing response to the plight of vulnerable children can be guaranteed for the future.

Further anecdotal observation by the researcher was that NGO's earnestly contemplate other sustainable alternative ways of working with HIV- and AIDS-affected households in order to circumvent a situation where they receive services indefinitely. This does not only disempower families, but also cripples their inclination to participate in activities that are self-empowering, let alone encouraging dependency. This informed a need to assess the food parcel intervention to families affected by HIV and AIDS and to determine the viability of a long-term intervention.

## **2.14 The impact of food parcel distribution**

According to Liere (2002:4), HIV and AIDS have substantial indirect and direct impacts on the household, community, institutional and societal levels. Direct impacts include, among others loss of labour and medical and funeral expenses, leading to the reduction of any of the household's reserves, including food.

However, there are many responses at different levels within the community. Liere (2002:4) asserts that responses at the household level include, but are not limited to, taking the children out of school, selling household assets, altering agricultural methods,

relying on current community systems and falling back on traditional approaches used in times of food insecurity and food distribution. Hence, the importance of guaranteeing that there are approaches that support families affected by HIV and AIDS to accomplish household livelihood. Liere (2002:4) defines household livelihood as sufficient and viable access to income and means to meet basic needs, including access to food, potable water, health facilities, educational prospects, housing, time for community involvement and social incorporation.

## **2.15 Conclusion**

Food parcels are important for the physical good of households affected by HIV and AIDS. In allocating food parcels to families, SOS appreciates its moral and ethical responsibility to support the poor, principally those affected by HIV and AIDS, in that they are able to care for their children at risk of losing the care of their families and those who have already lost that care. Van Wieren (2018:6) emphasised the moral imperative to advocate on behalf of the poor and oppressed and to feed and clothe the hungry, particularly poor people and communities, and to engage politically in advocating for public policies that work to end domestic and global hunger.

## **CHAPTER 3**

### **RESEARCH METHODOLOGY**

#### **3.1 Introduction**

This chapter examines the methodology followed in the study. The chapter discusses details of the methods employed in the study. These comprise the research design, target population and sampling, data collection methods, and data analysis. The study design used in this research is qualitative. Data collection methods are also discussed, as well as data analysis. In order to gather sufficient data, the study used purposive sampling. Furthermore, the validity and reliability of the data are discussed in this chapter. In addition, the chapter provides a brief discussion of the geographical area in which the study took place.

#### **3.2 Research method in the study**

##### **3.2.1 Study design**

A qualitative research approach is important because it helps the researcher to obtain a better appreciation of the issue under study (Mthembu 2016:6). In this study, a qualitative research design was used. Mthembu (2016:6) adds that a qualitative framework presents adequate data as it enables participants to narrate their involvements. Data was collected qualitatively through explorative methods. In this study, a qualitative design helped participants to narrate their experiences of food parcel intervention. Denzin and Lincoln (2003: 4-5) define qualitative research as a positioned action that pinpoints the observer to the world. Qualitative inquiry has been shown to be relevant and essential when conducting an exploratory investigation into the food parcel intervention because it assists in the understanding of people's experiences of the intervention (Tonon, 2015:4).

In other words, a qualitative research approach assists the researcher to gain a better understanding of the research participants in the study and related events, the situations and actions in which they were involved and the versions that they gave of their experiences. People's perspectives form part of the reality the researcher determined in this study (Tonon, 2015:6). Qualitative research is concerned with qualitative occurrences relating to or concerning worth or kind (Kothari 2004:3). The qualitative approach examined the reasoning behind food parcel distribution to households affected by HIV



and AIDS and their experiences of the intervention. Natasha (2005:1) clarifies that qualitative research pursues answers to questions, gathers evidence, and yields findings that were not determined in advance. Furthermore, qualitative research endeavors to comprehend the phenomenon under study (Natasha, 2005:2). In this study, qualitative research seeks to understand the food parcel intervention to households affected by HIV and AIDS.

Qualitative research was used to examine the phenomenon under study in detail and in depth. The researcher made several trips to the study site to observe the research participants, listen to their daily conversations as they received food parcels and conduct interviews when appropriate (Lekganyane, 2008:38). In observing and interviewing, the researcher's focus was on capturing the individual experiences of households in relation to food parcel distribution (Lekganyane, 2008:38).

### *3.2.2 Justification of research design*

A qualitative research design was applied in this study whereby in-depth and focus group interview data collection methods were used to collect data. According to Tonton (2015:4), qualitative inquiry has shown to be relevant and essential when conducting an exploratory investigation such as food parcel intervention because it helps in the understanding of people's experiences of the intervention.

### **3.3 Target population and sampling**

Sampling was important to ensure that households and other stakeholders with pertinent involvement in food parcel distribution were considered in this study. For this study, purposive sampling was used. Suri (2011:65) describes the reasons for using purposive sampling and the significance of selecting appropriate households for an in-depth study. According to Kothari (2004:56), the best sample is one which fulfils the requirements of effectiveness, representativeness, dependability and responsiveness. Geographical area and costs also dictate the size of the sample that can be drawn. As such, budgetary constraints were taken into consideration when deciding on the sample size. The researcher depended on his own judgment in selecting research participants, which resulted in saving time and money. The researcher only sampled those with pertinent knowledge and experience of the food parcel.

According to the City of Johannesburg (2019) the Ennerdale informal settlement has a total population of 71,815, comprising 28,8% young people aged 0 – 4 years, 69,2% working age people between 15 – 64 years, 21,1% elderly in the age range of 65 years and above and a 44,6% dependency ratio. In addition, the Ennerdale informal settlement comprises 8% higher education students aged 20+, 35,2% and matriculants aged 20 years and older. With regard to households, there is a total of 19,844 households, 3,6 average household size, 34,8% female-headed households, 62,8% formal dwellings and 53,5% home owners. The Ennerdale informal settlement was selected because it contains a variety of social ills, including HIV and AIDS. There are 216 families supported by SOS through the food parcel intervention. Given that there are only 216 families receiving support, all these recipients were studied. The following criteria were used to select research participants:

- Their participation in the food parcel distribution intervention;
- They have been affected by HIV and AIDS;
- They are 'data rich' individuals able to talk freely about their lives as full participants and recipients of food parcels; and they are older than 18 years.

The study took place in southern Johannesburg, in the Ennerdale informal settlement. There were four groups in the target population. Details of the sample selected for the different/various categories of interviews and focus group interviews included the following:

- Households who were involved in the food parcel distribution intervention from 2010 to 2018;
- Those affected by HIV and AIDS;
- Those who were able to talk freely about their lives as full participants and recipients of food parcels; and
- Those aged 18 years and older.



Figure 3.1: Location of Ennerdale informal settlement

Source: Adapted from Johannesburg Metropolitan Municipality (2019)

The map depicts the situation of Ennerdale informal settlement, where SOS Children's Villages are engaged in the food parcel intervention programme.

### 3.4 Data collection methods

In-depth interviews are a very important source of data collection as in this study they provided participants with the opportunity to explain what they thought about a food parcel distribution intervention. Kothari (2004:97) describes an interview as a data collection method which comprises people's verbal expositions and their responses to questions. Antony and Simon (2014:256) describe in-depth interviews as procedures usually performed practically with a small group of participants, directed by an interview guide of themes, often recorded and written records are prepared. In addition, Boyce and Neale (2006:3) describe in-depth interviewing as a qualitative research method that includes individual interviews with a small number of participants in order to discover their views on a specific topic. In this study, the researcher involved recipients of food parcels who were affected by HIV and AIDS.

Dworkin (2012:1320) asserts that there are several debates regarding what constitutes the perfect sample size in qualitative research. In this study, two methods of data collection were used, namely in-depth and focus groups interviews. A focus group is a

distinct type of group in terms of purpose, size, composition and processes, whose aim is to assist the researcher to gather information in order to better comprehend how people feel or think about a phenomenon (Krueger & Casey 2015:2). The purpose in this study was to increase an understanding of people's experiences and this was accomplished with one (1) focus group, consisting of between five (5) and eight (8) people (Krueger et al 2015:68). Smaller groups were preferred because participants had a great deal to share about their experiences of food parcel distribution. The importance of the focus group was that it helped the researcher gather accounts from participants' lived experiences (Krueger et al 2015). Owing to the setup of the food parcel programme, those participants of the study who were available and willing to be interviewed in in-depth interviews tended to be females within the age group of 36 to 70 years. . Both males and females were afforded the same opportunities to participate in the in-depth interviews. However, females tended to be more willing to participate than males.

In order to collect qualitative data, participants in this study included a representative from an NGO, government, SOS, community leaders and beneficiaries of food parcels.

### **3.5 Data analysis and interpretation approach**

According to Hilal and Alabri (2013:181), qualitative data analysis is a procedure of bringing order, structure and meaning to collected data and increases a better comprehension of the phenomenon under study. The data analysis combines both types of data analysis into an integrated analytical framework. The integrated sampling procedures are used to assess the representativity of the findings and the extent to which they could be generalized. According to Whitemore and Knafl (2005:550), a researcher should ensure that data was methodical, coded, properly arranged, and written into a unified and integrated conclusion about the research problem.

Hilal and Alabri (2013:181) assert that coding comprises tracking related words or phrases mentioned by the respondents or in the documents. In this study, these words or phrases were combined in order to appreciate the connection between them. According to Hilal and Alabri (2013:181), coding can be done manually. In some cases the researcher makes photocopies of each record on different coloured paper. Relevant phrases are cut from the script. Alternatively, the researcher uses the highlighting function of the word processor to highlight the text in which he or she is interested.

The information gathered from in-depth interviews is analysed using different themes, as

it involves themes which appear through the process of reading (Fereday & Muir-Cochrane 2006). This assists the researcher to establish, analyse and offer feedback on patterns of themes (Braun & Clarke 2006). The six phases, according to Braun and Clark (2006) that are followed within the thematic examination of the information gathered are the following:

- a) Becoming familiar with the data gathered;
- b) Developing preliminary codes;
- c) Exploring themes within data gathered;
- d) Re-visiting and re-viewing the themes;
- e) Describing and naming the themes; and
- f) Gathering the final report from the results.

Data analysis procedures were applied by re-visiting and examining the data gathered, developing codes, exploring themes, re-visiting, examining and re-viewing the themes, describing and naming the themes and gathering the final report emanating from the results. The rationale behind using this form of inquiry in the current study was because it provided the prospect of including unforeseen insights that the household participants felt would be pertinent to the study (Braun & Clark 2006). Lacey and Luff (2001:3) describe the importance of describing and summarising information. In this study, data produced from in-depth and focus group interviews was categorized, described and summarised. The researcher ensured that the data collected highlighted the central messages and findings. The researcher used the collected data to make sense of what it meant for both the SOS and the recipients of food parcels.

Data was analysed on two levels. Firstly, it was on a descriptive level where it gave an account of what was said by the recipients of food parcels. Secondly, was an interpretative level where the concern was on the responses of households receiving food parcels.

### **3.6 Validity and reliability**

In this study, different methods of collecting data were considered. Babbie (2013:188) describes reliability as a matter of whether a particular method, applied a number of times to the same object, gives the same result each time. Johnson (1997), cited in Nahid (2003:604), explained the importance of the creation of meaning from data collected. In

the current study, the researcher took into account the triangulation of data to record the creation of reality. A considerable amount of time was spent in the field with research participants. According to Nahid (2003:14), reliability can be addressed by using standardised methods to write field accounts and proper records.

Brink (1993:35) explains that validity involves the exactness and truthfulness of factual results. In this study, the researcher engaged a variety of approaches such as observation, interviews and records which led to more a dependable and varied creation of realities (Nahid 2003:604). Mohammed (2013:12) argues that to achieve legitimacy in qualitative research, the gap between actuality and representation should be decreased. The researcher interviewed the same families several times and conducted repeated observations, after which results were matched with the results obtained from other evidence. In addition, efforts to intensify validity were through record keeping.'

### **3.7 Ethical considerations**

Ethical considerations in a study that involves humans and the sensitive issue of HIV and AIDS are crucial. This study involves a process which includes human interaction, many resources, ideas, challenges, rules and regulations that govern all the activities done. Every time when human participants are involved in a primary research, the researcher ought to take ethical issues into consideration. According to Arifin (2018:30), the protection of human subjects through the application of appropriate ethical principles is important in any research study. Arifin (2018:30) adds that in a qualitative study, ethical considerations have a particular resonance due to the in-depth nature of the study process. Furthermore, the concern of ethical issues becomes more salient when conducting face-to-face interview with vulnerable groups of participants. They may potentially become stressed while expressing their feelings during the interview session.

The ethical approval was sought and granted from UNISA's Department of African Languages Research Ethics Review Committee on 1 March 2019.

### **3.8 Conclusion**

This chapter introduced different aspects pertinent to this study, including the methods used. A number of aspects and their relevance were introduced and discussed, including the research design, the target population and sampling, data collection methods and

data analysis. Data collection methods were discussed, as well as data analysis. The importance and relevance of validity and reliability in this study were also discussed. This chapter provided a background to where the study took place as well as a brief discussion of the geographical area. This included the different types of households found in the Ennerdale informal settlement.

## **CHAPTER 4**

### **PRESENTATION OF DATA**

#### **4.1 Introduction**

This chapter is organized in such a way that it presents biographical characteristics of the research participants in relation to food parcel distribution to those families affected by HIV and AIDS. Furthermore, this chapter presents the results and discusses major themes of the study. Empirical data generated in this study is presented according to the four themes, namely (i) participants' biographical attributes, (ii) experiences of the food parcel intervention, (iii) survival strategies and (iv) viability of food parcel intervention towards self-reliance abilities. Special attention is given to the key questions and objectives of the study as mentioned in chapter 1. The themes are based on the research questions as presented in chapter 1. Finally, this chapter provides a summary of the main deliberations.

#### **4.2 Qualitative interpretation of results**

A qualitative methodology was employed to obtain information about what research participants thought could be their survival strategies and experiences. In addition, their views on the sustainability of food parcel intervention towards independence were solicited. Data collected was meaningful to research participants, the candidate, the organisation where the study took place and contributed towards policy development and future interventions. Collected information was narratively presented in a way that included the description and analysis of data.



**Table 4.1: The demographics of participants: in-depth interviews**

Respondent (Pseudonym)	Age group 14 – 21 [Code: a] 21 – 35 [Code: b] 36 – 70 [Code: c]	Gender Male [Code: M] Female [Code: F]	Representative status SOS representative [Code: S) Community representative [Code: C] Government representative [Code: G] Recipient of food parcel [Code: R]	Employment status Employed [Code: E] Unemployed [Code: U]	Date of interview
Annah	B	F	R	U	8 June 2019
Maria	C	F	R	U	8 June 2019
Elizabeth	B	F	R	E	8 June 2019
Johanna	C	F	R	E	8 June 2019
Mercy	C	F	R	U	8 June 2019
Abongile	A	F	R	U	8 June 2019
John	C	M	S	E	15 June 2019
Sarah	C	F	C	E	15 June 2019
Joyce	C	F	G	E	15 June 2019

The participants in this study are identified by pseudonyms in order to maintain their privacy. Both tables 4.1 and 4.2 illustrate the demographics of participants who were interviewed during the field study. In order to better comprehend the demographics illustrated in table 4.1, the following codes were used and pseudonyms applied in referring to participants: Age group categories: Code a represented 14 – 21, Code b represented 21 – 35 and Code c represented 36 – 70; Gender: Code M represented male and Code F represented female; Representation status: Code S representative SOS representative, Code C represented community leader, Code G represented government representative and Code R represented recipient of food parcel; Employment status category: Code E represented those employed and Code U represented those unemployed.

Owing to setup of the food parcel programme, the availability and willingness of participants to be interviewed in in-depth interviews, tended to be females within the age group 36 - 70 years of the study. Both males and females were afforded the same opportunities to participate in the in-depth interviews. However, females tended to be more willing to participate than males.

**Table 4.2: The demographics of participants: focus group interviews**

Respondent (Pseudonym)	Age group 36 – 70 [Code: c]	Gender Male [Code: M] Female [Code: F]	Representative status SOS representative [Code: S] Community representative [Code: C] Government representative [Code: G] Recipient of food parcel [Code: R]	Employment status Employed [Code: E] Unemployed [Code: U]	Date of interview
Maria	C	F	R	U	6 July 2019
Johanna	C	F	R	E	6 July 2019
Mercy	C	F	R	U	6 July 2019
John	C	M	S	E	6 July 2019
Sarah	C	F	C	E	6 July 2019
Joyce	C	F	G	E	6 July 2019

In concluding the demographics of participants in different categories in table 4.2, the following pseudonyms and codes were used: Age group category: Code c represented 36 – 70; Gender: Code M represented males and Code F represented females; Representation status: Code S represented SOS representative, Code Re represented recipient of food parcel, Code C represented community representatives and Code G represented the government representative; Employment status: Code E represented those employed and Code U represented the unemployed.

Data from table 4.2 shows that most of the respondents who participated in focus group discussions were females aged between 36 and 70 years old. There was one male participant from SOS. Of the six (6) focus group participants, four (4) are employed and two (2) are unemployed. Both unemployed are recipients of food parcels. The focus group represented an uneven number in terms of the number of females and males who participated. Although all participants took part in the focus group discussions, some tended to be more vocal than others and in many instances, participants who were passive tended to respond to questions posed in a manner that confirmed what others would have said. Despite it being challenging to encourage the passive ones to actively participate, the focus group discussions created an environment which enabled the researcher to obtain a better understanding of the food parcel intervention.

### **4.3 Participants' biographical attributes**

In order to obtain a better understanding of participants in the study, all participants were asked to outline their biographical details, personal attributes, organizational and individual profiles such as age, family size, income, education and work experiences in relation to their involvement in the SOS Children's Villages food parcel intervention programme. There were nine (9) participants who took part in in-depth interviews and six (6) who participated in focus groups interviews. Three (3) participants opted not to participate in a focus group as they were of the view that their contributions in the in-depth interviews sufficed. Generally, participants were impressed in seeing this study taking place because they said that such a study had never taken place ever since the inception of the food parcel intervention.

In profiling the participants, the biographical data was sketched using information provided during the in-depth and focus group interview discussions. Information considered as relevant to the study encompassed data about how family size affected food parcels distributed; support needed in order to attain self-reliance; initiatives needed in order to be self-reliant; how lack of education affected households receiving food parcels, and the factors which contributed the most to participants' continued participation in the food parcel intervention programme. The participants in this study are identified by pseudonyms in order to uphold their privacy.

The table below outlines the biographical attributes of research participants:

**Table 4.3: Participants' biographical attributes**

Participant Pseudonym	Age range 21 – 37 [Code: A] 40 – 68 [Code: B]	Family size 1- 5 [Code: C] 6 – 15 [Code: D]	Income Unemployed [Code: U] R700 – R1800 [Code: E] R5000- R5500] [Code: F] R11500 – R36770 [Code: G]	Education High school [Code: H] Grade 2 – 4 [Code: I] University [Code: J]	Family Situation Both parents died from HIV and AIDS [Code: K] Only working member [Code: L] Single parent [Code: S] Pensioner [Code: P] Married [Code: M]	Work experience Never worked [Code: NW] 6 – 12 [Code: O] 18 – 21 [Code: P]
Abongile	A	C	U	H	K	NW
Annah	A	C	U	H	K	NW
Elizabeth	A	D	E	H	L	O
Johanna	A	C	F	H	K	O
John	B	C	G	H	M	O
Sarah	B	C	G	H	S	O
Joyce	B	C	G	J	M	P
Mercy	B	D	E	I	P	P
Maria	B	C	E	I	P	P

Table 4.3 indicates the biographical attributes of participants who took part in this study.

In representing the biographical attributes of participants in different categories in table 4.3, pseudonyms and the following codes were used: Age range: Code A represented 21 – 37 and Code B represented 40 – 68; Family size: Code C represented 2 – 5 and Code D represented 6 – 15; Income: Code U represented the unemployed, Code E represented an income of R7000 – R1800, Code F represented an income of R5000 – R5500 and Code G represented an income of R11500 – R36770; Education: Code H represented high school, Code I represented grade 2 – 4 and Code J represented a university qualification; Family situation: Code K represented both parents who had died of HIV and AIDS-related illnesses, Code L represented only one working member in the family, Code S represented single parents, Code P represented pensioners, and Code M represented

those who were married; Work experience: Code NW represented those who had never worked, Code O represented 6 – 12 years old and Code P represented 18 – 21 years old.

The age of in-depth interview participants ranged from 21 – 68, many of whom comprised an average family of five (5). Two (2) of the participants in in-depth interviews were unemployed, two (2) were pensioners receiving monthly government pensions and four (4) were employed and received a monthly salary ranging from R5500 - R36770. At least six (6) participants had completed high school education. One government representative had completed a university course and two (2) participants had completed grades 2 and 4. Data on the family situation shows the possible reasons why they took participated the food parcel intervention programme because in the case of at least three of the families, both biological parents had died from HIV and AIDS- related illnesses. Some are single parents fending for their families and some are pensioners. Participants with long working experience were either single parents, pensioners or both their biological parents had died.

#### **4.4. Experiences of the food parcel intervention**

In this study, the views of the participants and their experiences on the food parcel distribution were sought. Data regarding their subjective experiences were utilised to gain a better understanding of the issue. Various related questions were posed to both in-depth and focus group interview participants. However, the questions were asked in various ways in order to help researcher to assist participants in better understanding the issues under investigation and also to support research participants in responding to questions without moving away from the crux of the questions.

There were varying views when it came to the effects of food parcel intervention and this scenario tended to be revealed during in-depth interviews. For example, when the researcher attempted to gain the views of the participants in this instance, he posed a question about their experiences of food parcels. One participant in the in-depth interview stated:

*“Food parcels encourage dependency because some of the people receiving food parcels are lazy as they are satisfied by what they receive and make no effort to do things that lead to their own self-reliance” (15 May 2019).*

Again, when the researcher posed the same question to focus group participants, they stated:

*“Food parcels are good at assisting those receiving antiretroviral treatment as they contribute to families’ health”.*

On the basis of comments from in-depth interviews, a recipient of food parcels responded:

*“I appreciate efforts made by SOS in issuing food parcels because many people in the community are poor and have nothing”.*

The same question was posed to the SOS representative and this is what he said:

*“Families appreciate SOS services. However, families become dependent...”*

The community leader representative was asked the same question and gave this response:

*“Food parcels create dependency. However, extreme poverty in the Ennerdale area impedes on families’ ability to be self-reliant.”*

When asked the same question, the government representative responded:

*“In many child-headed households, there are no parents to care in such settings, making it difficult for self-reliance to be realised.”*

Given the comments made by in-depth interview participants, focus group participants, the community leader, the SOS and government representatives, it can be deduced that there is some degree of dependency created by the distribution of food parcels and that families need empowerment programmes and sustainable initiatives to help them attain self-reliance, pride and independence.

#### **4.5 Survival strategies**

There were varying views regarding alternative survival strategies. The researcher was concerned with obtaining the views of the respondents emanating from the in-depth interviews, focus groups, the SOS representative, the community leader and the government representative regarding what they thought was an appropriate and sustainable range of intervention support systems. Therefore the following question was posed: “What initiatives do you think you need to implement in order to ensure that you are self-reliant?” In responding to the question, a government representative responded:

*“We need income generating activities on both micro and macro levels” (11 June 2018).*

The same question was posed to focus group participants and this was one of the contributions:

*“SOS needs to introduce well-resourced entrepreneurship projects, financially and materially and not always emphasising on food gardens and poultry farming on a micro level”.*

When responding to the same question, the community leader responded:

*“The community needs to be taught skills and financial capabilities in order to manage households receiving government social grants”.*

The SOS representative also responded to the same question and indicated:

*“SOS needs to run effective support groups for the elderly...focus on quality by increase the number of skilled staff working with families in the community. SOS’s 2019/2020 strategic target to support 700 children and 350 families is way unrealistic for only two staff members”.*

Regarding the views of the government representative on the same question, this was what was said:

*“Link households to programmes like government-initiated income generating activities, embark on joint planning where all relevant roles players are actively involved...timeous processing of government grant”.*

Moreover, it is not always ideal for SOS to exclusively emphasise food gardens because soil contamination in various locales from urban to rural increasingly prevents communities from gardening and farming safe and healthy foods (Van Wieren 2018:38). Reliance on land on its own is not enough. Van Wieren (2018:38) explains that in many parts of Africa, soil has reached such extreme levels of degradation that there remains little to no arable land to support the most basic human needs. Based on all participants’ comments, a number of helpful survival strategies were suggested. These included but are not limited to well-resourced entrepreneurship projects, to ensure self-reliance of families affected by HIV and AIDS financially and materially and a clear exit strategy to ensure families do not remain in the food parcel programme indefinitely.

#### **4.6 Viability of food parcel intervention towards self-reliance abilities**

In order to obtain varying views on whether or not food parcel intervention increases self-reliance, the views of research participants emanating from the in-depth interviews, focus groups, as well as those of the community leader representative, the SOS representative

and the government representative were sought. The researcher posed this question to all participants: “Does food parcel intervention increase the self-reliance of families?”

This was the only question where all participants (recipients of food parcels, in-depth interview participants, focus group interview participants, SOS representative, community leader and government representative), generally provided similar comments on the question and mentioned the following:

*“...food parcel intervention programme is not sustainable and does not increase self-reliance because SOS also relies on donations within and outside of South Africa, which may eventually dry up. The question is what happens when SOS is no longer getting local and overseas funding? What is needed is to assist households with skills development, macro income generating activities, education and entrepreneurship projects that are offered in partnership with government and the business sector”.*

#### **4.7 Conclusion**

Based on the above participants’ profiles and comments from research participants, one may deduce that SOS Children’s Villages Ennerdale had relevant and committed stakeholders. Feedback from participants explained the motive behind the food parcel intervention, their individual experiences of the food parcel intervention and their views and opinions of what could be done to better assist families receiving food parcels. Most of the participants alluded to the fact that food parcels promote dependency and compromise families’ dignity, pride, independency and self-reliance. One could also deduce that as much as families appreciated the food parcel intervention programme, participants had more negative experiences of the intervention than positive ones.



## CHAPTER 5

### DISCUSSION OF FINDINGS

#### 5.1 Introduction

This chapter discusses the research findings, summarises the objectives, theoretical outline and methodology, socioeconomic context and the rationale for the food parcel strategy. In addition, it makes reference to more excerpts from the in-depth and focus group discussions.

#### 5.2 Objectives, theoretical outline and methodology

The objective of this research was to highlight the significance of food parcel intervention and to explore what is accessible to affected families with the intention of supporting independence post-intervention. *Ubuntu* is actually regarded as the soul force that drives almost every facet of societal life in African societies and creates the relationships among the African community. The purpose of this study is to place the reader in South African society and introduce the concept of *ubuntu* as the philosophy of the society in relation to food parcel intervention.

#### 5.3 The socioeconomic context and the rationale for food parcel strategy

Apart from emphasizing the significance of food parcel intervention, the study aimed at obtaining an improved understanding of the intervention and of the experiences of households affected by HIV and AIDS and who have been or are still beneficiaries of food parcels. The study aimed at examining alternative interventions to the food parcel intervention and explored relevant strategies in order to mitigate challenges experienced by households in achieving self-sufficiency.

#### 5.4 Research findings

The Ennerdale informal settlement was selected on the basis of its historic context and because is one of the communities with high levels of unemployment, HIV and AIDS occurrences and massive numbers of informal dwellings (City of Johannesburg 2011). In order to gain an insightful understanding of households in the Ennerdale informal

settlement, their biographical and socioeconomic circumstances were reflected on. Given that this study focused on food parcel interventions by SOS and survival strategies by households, it was critical to understand the personal attributes of the households receiving food parcels from SOS.

Participants had more negative experiences of the intervention than positive ones. When asked about their experiences of the food parcel intervention, recipients of food parcels, the SOS representative, the government representative and the community representative acknowledged its short-term contribution and value but did not consider the intervention as a long-term solution to their needs. Participants felt that the food parcel intervention promotes dependency, compromises families' dignity, pride, and independence and cripples their efforts and ability to attain self-reliance.

From the focus group and in-depth interviews held, one could deduce that apart from considering the food parcel intervention as the central support mechanism to support families, more needs to be considered in order that authentic self-reliance of families is realised. Joint evaluation of the food parcel intervention is vitally important so that recipients of food parcels are actively involved by way of providing their individual and subjective experiences, views and opinions about the intervention. This, in the researcher's view, will necessitate an informed strategy that is likely to see self-reliance of families being realised.

Participants were asked about alternative and sustainable intervention support systems. Feedback from the participants, recipients of food parcels, the SOS representative, the government representative and the community representative suggested that nothing much, apart from food parcels, was available to them. A number of alternatives were suggested by the subjects. These ranged from monitoring and evaluation to reviewing of the intervention. Participants mentioned similar ideas such as the need for robust emotional, spiritual and psychological assessment of families' needs, a clear strategy and an exit plan known to participants, with clear time frames and targets for income-generating activities. In addition, most of the participants mentioned that SOS needs to facilitate a process whereby recipients of food parcels enter into formal agreements with SOS.

Research participants suggested the need to be supported with income-generating activities at both micro and macro levels and access to land to grow vegetables and other plants for commercial purposes. Van Wieren (2018:55-56) supports the views of the participants by asserting that what is necessary is a different strategy where land and financial assistance are available. This includes sowing seeds of change where planting of herbs and vegetables promotes positive community-based change, community empowerment and self-sufficiency (Van Wieren 2018:60–61).

From participants' discussions, the researcher could deduce that considering their views and opinions would encourage participants to work seriously towards the goal of being self-reliant, knowing that receiving of food parcels would not be on an indefinite basis.

Participants who took part in in-depth and focus group discussions, recipients of food parcels, the SOS representative, the government representative and the community representative confirmed that income-generating activities run in a business-like manner can increase self-reliance. According to Van Wieren (2018:61), backyard food gardens address systemic food injustices, including food security, by empowering families to produce food in backyard gardens and enabling them to recognise and demand better food.

Most, if not all of the participants with whom the researcher had interviews indicated that food parcel intervention does not on its own increase self-reliance. Most of the research participants expressed their negative experiences of the intervention, their reasons being that the food parcel intervention promotes the dependency of families and takes away their dignity and independency. A striking revelation was that SOS relies on international and national donors, which makes the future of the intervention very bleak in case donors stop supporting SOS financially or in kind. Many subjects did not perceive many problems with the food parcel intervention. The only problem is that SOS seems to consider the food parcel intervention as the only major means through which self-reliance can be attained.

From discussions with participants, the researcher deduced that for self-reliance to be realised, what is really needed are skills development, education and well planned and financially supported micro and macro income generating activities. Through no fault of their own, SOS has not been able to provide answers to the self-reliance issue associated with the food parcel intervention.

## **5.5 Summary of responses**

The study data shows three age group categories (14 – 21; 21 – 35 and 36 – 70). To provide an overview of the participants, tables 5.2.1 and 5.2.2 show that the age category 36 – 70 is the largest, and with highest number of unemployed females. Even though they are mostly unemployed females, they had the most experience in the food parcel intervention programmes, particularly regarding survival strategies. For instance, some of them were involved in food gardens, running a small-scale shop and selling goods such as bags.

Even though all age groups as per tables 5.2.1 and 5.2.2 mentioned their individual experiences of the food parcel intervention, the age group 36 – 70 showed that they had more experience of the intervention as they gave more information about the intervention when a question about their experiences of food parcels was posed. Different responses were provided on what their experiences of the food parcel intervention were.

The community, the government and the SOS representatives agreed with the position of the in-depth and focus group interview participants. Regarding survival strategies, there were varying views regarding what they considered to be survival strategies that assist families affected by HIV and AIDS towards self-reliance.

In summarising responses from study participants, the researcher gathered that food parcel intervention does not, on its own, lead to or increase self-reliance. In addition, food parcel distribution leads to families being dependant as SOS relies, to a large extent, on national and international donors, making it difficult for self-reliance to be realised once national and international support ceases.

## **5.6 Conclusion**

Participants have provided varying responses to research questions. In summary, the responses paint a picture that shows participants' subjective experiences of the intervention, their opinions and views about the intervention, their observations and suggestions. Interestingly, the research participants suggested additional and alternative solutions to the food parcel intervention initiative. In conclusion, the researcher is of the view that SOS needs to take participants' responses into account seriously in order to

improve its strategies. The logical result will be that supported and empowered families are likely to be able to care for their own children and young adults.

## **CHAPTER 6**

### **RECOMMENDATIONS AND CONCLUSION**

#### **6.1 Introduction**

This chapter provides a summary of the purpose, methodology, findings, conclusions and recommendations based on analysed data. The study investigated the food parcel intervention in SOS Children's Villages in the context of HIV and AIDS, in the Ennerdale informal settlement in Johannesburg, South Africa. As indicated in chapter one, the objectives of the study were presented as follows:

- To investigate the success of SOS's food parcel distribution intervention;
- To investigate the subjective experiences of individuals who participated in the food parcel intervention programme; and
- To determine whether food parcel distribution promotes the self-reliance of families affected by HIV and AIDS.

In this chapter, the research results are summarised and proposals for future research are presented. Furthermore, the study recommendations are made and conclusions for the study are drawn. The key research findings are summarised in accordance with the three objectives of the study and the research questions mentioned in Chapter one.

#### **6.2 Summary of conceptual understanding**

The understanding and value of this study is important for the participants and organisations implementing the food parcel intervention. The conceptual understanding of this study was made possible by the concept of Ubuntu. According to Babbie (2013:57), theories shape and direct research efforts, pointing toward likely discoveries through empirical observations. The concept of Ubuntu was selected because it recognises the importance of the African culture in providing social services to the African people.

Even though the food distribution cuts across many population groups, it was imperative to focus on households affected by HIV and AIDS for the purpose of satisfying the objectives of this study. It was therefore important to understand the social milieu in

relation to households affected by HIV and AIDS and the challenges they encounter in attaining self-sufficiency.

#### *6.2.1 Theory, literature discourse and issues relating to food parcels*

As mentioned earlier, theories are important in this study as they make sense of observed patterns in a way that can suggest other possibilities and form the basis for a better understanding of a phenomenon (Babbie, 2013:57). Literature revealed poverty as having a negative bearing on families' realisation of self-reliance abilities. Despite having the most progressive economy in Africa, South Africa is facing enormous socio-economic disparities ensuing from the oppressive apartheid regime (UNAIDS report 2010:10). Furthermore, the UNAIDS report (2010:10) indicates that South Africa is one of the many countries massively affected by HIV and AIDS, with the largest number of infections in the world. HIV and AIDS and other illnesses, have an undesirable bearing on food security (Department of Agriculture 2002:27). Hence the food parcel distribution to families by religious organisations throughout the 20th century turned into a welfare system based on normative assumptions about the moral responsibility of the state and civil organisations (Howarth 2017:125).

### **6.3. Findings in line with problem statement and research design**

#### **6.3.1 Participants' biographical attributes**

With regard to participants' biological attributes, results showed that the age category 36 – 70 as per tables 5.2.1 and 5.2.2 had more experience of the intervention as they had more to contribute about the intervention when a question about their experiences of food parcels was posed. In the researcher's opinion, it will be ideal to consider and include participants who have rich experience in the food parcel intervention in the drafting of policies, procedures and strategies towards self-reliance abilities.

#### **6.3.2 Participants' experiences of the food parcel intervention**

With regard to experiences of the food parcel intervention, results of this study revealed that only a relatively small number of recipients of food parcels are happy with the food parcel intervention and benefit from it. The results further revealed that apart from meeting the physical needs, the food parcel intervention has achieved very little over the years because it was perceived by the families as the main vehicle towards families' attainment

of independence without considering and implementing other sustainable business initiatives on a micro and/or macro level.

#### 6.3.3 Survival strategies

Results showed that only food parcel intervention is not enough. Instead, other important aspects such as meeting all dimensions of development need to be considered. These include, inter alia, well-resourced entrepreneurship projects that are financially and materially supported, and not always emphasising on food gardens and poultry farming on a micro level. In addition, results showed importance of psycho-social, physical, spiritual, economic, social and political needs. Results further demonstrated that the failure or relative inability of families to attain satisfactory self-reliance could be the result of SOS's inability to shift from distributing food parcels to implementing other alternative and survival strategies.

#### 6.3.4 Viability of food parcel intervention towards self-reliance abilities

When examining the food parcel intervention towards self-reliance abilities, the study revealed a number of interesting results, namely that participants are happy to a certain degree with the intervention. However, they perceive it as a short-term measure which promotes dependency, compromises families' dignity, pride, independence and cripples their ability to attain self-reliance. In addition, results show that the food parcel intervention promotes laziness as recipients know that every month they will receive their share of food parcels. In the researcher's opinion, recipients of food parcels ultimately make little to no effort to embark on any project that will aid them in attaining self-reliance.

On the basis of the results, it can be deduced that the food parcel intervention has not achieved its major objective, given SOS's focus on family sustainability and the enablement of communities. According to SOS (2011:7), children in danger of losing their families' care remain supported to grow and appreciate their human rights within a family milieu after SOS's withdrawal from direct day-to-day participation in the community. This continued support is 'anchored' in *robust social provision systems*, whereby the community accomplishes its duties towards the safeguarding and upkeep of its young people.



#### **6.4 Limitations of the study**

As is a common trend in most social research studies, this study encountered drawbacks such as reluctance of research participants to take part. Many people argued that it was not proper to inquire into food parcels of which they are recipients. Some participants displayed their reluctance to volunteer personal information despite the assurance from the researcher that their information would be treated with utmost confidence and respect and that they would remain anonymous. These participants indicated during and after both in-depth and focus group interview discussions that some questions asked were intrusive and not culturally sensitive. Furthermore, some participants expressed their concerns and discomfort during and after the interviews that the study evoked their emotions because it involved sensitive issues such as HIV and AIDS, taking antiretroviral medication and receiving donations such as food parcels. The student researcher also discovered that, except for one elderly participant, most were unwilling to share in depth details around their HIV and AIDS during both in-depth and focus group interview discussions. Another challenge pertained to the time taken to complete the study. A further limitation was having fewer participants, particularly during focus group discussions. Participation by respondents was basically commended, notwithstanding these challenges.

#### **6.5 Integration of the research**

Data gathered in this study assisted in gaining an understanding of the socio-economic factors experienced by families affected by HIV and AIDS. Going forward, data elicited from both in-depth and focus group deliberations will be helpful to relevant partners in the designing of policies and procedures. According to Elbeshbishi (2015:10), the micro and macroeconomic impacts of HIV and AIDS are multi-sectoral and complex, and therefore need different response strategies. Governments have the primary and most important role of implementing systemic changes and sustaining them in the long run. They receive revenue from the public and have a responsibility to allocate the human, financial and physical resources necessary for the self-reliance of individuals affected by HIV and AIDS. However, their capacity to deliver may be hampered by lack of these resources; hence the need for development partners to provide the necessary support. South Africa, Africa and the world should intensify the focus on HIV and AIDS by developing and

implementing regional and global strategies that build on the harmonization of policies and intervention strategies.

## **6.6 Recommendations**

Careful documentation of the impact of HIV and AIDS on families in SOS programmes, both in child and youth care centres and those in family-strengthening programmes should be considered.

Simple and available methodologies and strategies should be developed to assess the impact of HIV and AIDS on all SOS business units.

An awareness needs to be created of the effects HIV and AIDS have on SOS families' ability to attain self-reliance in conjunction with relevant partners, particularly governments, programme participants, and the business and investment environment.

An assessment is necessary of the consequences for small and medium-sized businesses in the area in which SOS operates. The assessment could then become the basis for policy development, advocacy and programme planning.

More SOS programme funding is essential for the success of the programmes.

There needs to be monitoring of how much is spent on health, particularly on HIV and AIDS and on individual programmes.

Better and consistent policy implementation across SOS programmes is also fundamentally important.

Given that SOS South Africa is affiliated to SOS Kinderdorf International, the respective countries' governments should strengthen the institutions that deliver financial and health care services to families within the communities. This is necessary so that the gap between intention and outcome is effectively bridged in the struggle to respond to the overwhelming challenges presented by the HIV and AIDS pandemic and other chronic diseases within the organisation in which the study took place, on regional and international levels.

## **6.7 Recommendations for further research**

Further research to investigate the impact of HIV and AIDS on the self-reliance of families is needed in different contexts, countries and situations (rural and urban) and in comprehensive ways to guide policy and programme design and implementation and ensure sufficient and effective investment and use of resources for all relevant stakeholders. Further research could be conducted in all SOS programmes to monitor the progress of the food parcel intervention and the impact HIV and AIDS has on children, youth and adults as well as providing long-term data and evidence.

According to the findings, the candidate makes the following recommendations for further research on the themes that emerged from the study:

Further research should consider other categories of people with relevant experiences when conducting research in this social sphere. These may include representatives from diverse walks of life, including the business sector, the elderly, politicians, and representatives from the health, education and religious sectors.

Further research should focus on other categories of households who are participating in the SOS food parcel intervention. These include, but are not limited to granny households, child-headed households, families who are found to be in need of care and protection and whose children are in danger of losing the care of their families. The study should include such families receiving food parcels from SOS where HIV and AIDS is not an issue so that there is a better and broader understanding of issues related to food parcel intervention. Further studies should also consider using snowball sampling as a method of collecting data because this might lead to better insights in understanding the rationale behind the food parcel intervention, the roles of government and other relevant stakeholders, and the subjective experiences of recipients of food parcels and their challenges in order to genuinely empower families and communities in the attainment of self-reliance.

In order to ensure that families participating in the food parcel intervention are independent, further research should focus on appropriate survival strategies.

It is suggested that further research should be on different strategies that can be considered by organisations in ensuring self-reliance abilities of families affected by HIV and AIDS.

### **6.8 Contribution of the study**

The study contributed significantly in highlighting challenges and strengths related to the food parcel intervention and in the crafting of results as per the problem statement and research questions. The study highlighted the importance of understanding self-reliance and appropriate survival strategies of families affected by socio-economic issues including HIV and AIDS. This study will assist government, NGO's and other relevant partners in the development of policies and strategies geared towards ensuring the attainment of self-reliance and survival strategies of families affected by HIV and AIDS.

### **6.9 Conclusion**

This study investigated the success of the SOS food parcel distribution, the experiences of research participants and the question of whether food parcel distribution promotes self-reliance. Despite the difficulties encountered by the food parcel recipients and by SOS in implementing the intervention, SOS was found to be contributing immensely towards families' livelihood through appointed community development workers and implementation of budgets. Furthermore, SOS also runs support groups which play a substantial role in addressing the social ills affecting household beneficiaries. Through family development plans, SOS managed to recognise challenges faced by child-headed families whose parents had died from AIDS. The support included assisting such children to obtain birth certificates and identity documents which made them eligible to participate in the SOS food parcel intervention.

If the results of this study are valid, it might be concluded that food parcel intervention does little, if anything, to increase or promote self-reliance of families. In the researcher's view, in order that self-reliance is achieved, it is important for SOS to design and implement programmes that meet all dimensions of development. According to Alkire (2002:198), meeting dimensions of development means that families develop in their fullest sense in matters that are public and private, economic, social, political and spiritual. This is wider than satisfying the well-being that relates only to material aspects.

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## **APPENDICES**

### **Appendix A: Interview guide 1**

**An evaluation of food parcel interventions by *Societas Socialis* (SOS) Children's Villages in the context of HIV and AIDS: a case study of Ennerdale informal settlement in Johannesburg, South Africa**

In-depth interview guide (*community leader*)

Date of Interviewer: \_\_\_\_\_

Position: \_\_\_\_\_

- a) What is the reason behind the distribution of food parcels?
- b) What alternatives would you recommend instead of food parcels to enable self-reliance of families?
- c) What do you think are barriers that prevent supported households from attaining self-reliance?
- d) What services or activities are available in the Ennerdale community?
- e) What types of households are served by NGO's in Ennerdale?
- f) What do you think needs to be done to assist households to develop self-reliance capabilities of securing food?

## **Interview guide 2**

### **An evaluation of food parcel interventions by *Societas Socialis* (SOS) Children's Villages in the context of HIV and AIDS: a case study of Ennerdale informal settlement in Johannesburg, South Africa**

In-depth interview guide (*SOS representative*)

Date: \_\_\_\_\_

Staff Position: \_\_\_\_\_

- a) What is the reason behind the distribution of food parcels?
- b) What are some of the reasons why supported households can be self-reliant if food parcels were to be stopped?
- c) What self-reliant programmes do you think you need to introduce to your programme participants?
- d) What do you think are the experiences of the recipients of food parcels?
- e) How long has food parcels been distributed to households in this area?
- f) What other forms of material support are distributed to households affected by HIV and AIDS apart from food parcels?
- g) What do SOS Children's Villages do in preparation for self-reliance of households affected by HIV and AIDS?

### **Interview guide 3**

#### **An evaluation of food parcel interventions by *Societas Socialis* (SOS) Children's Villages in the context of HIV and AIDS: a case study of Ennerdale informal settlement in Johannesburg, South Africa**

In-depth interview guide (*government representative*)

Date: \_\_\_\_\_

Position of government representative \_\_\_\_\_

- a) What is the reason behind the distribution of food parcels?
- b) What do local government officials do or should do to ensure households affected by HIV
- c) What is your opinion on SOS Children's Villages family-strengthening programme in relation to food parcel intervention?
- d) What policies and self-reliance strategies do local governments have in place to support poor households affected by HIV and AIDS is implementing?
- e) How is food parcel intervention affected by your government policies, funding and strategies.
- f) What do you think are likely implications if food parcels to households affected by HIV and AIDS were to be stopped?
- g) What do you propose as possible alternatives to the strategy of food parcel distribution?

#### **Interview guide 4**

### **An evaluation of food parcel interventions by *Societas Socialis* (SOS) Children's Villages in the context of HIV and AIDS: a case study of Ennerdale informal settlement in Johannesburg, South Africa**

In-depth interview guide (*programme participants*)

Date: \_\_\_\_\_

Position in the family (e.g. father) \_\_\_\_\_

- a. How do you think family size affects food parcels distributed to you by *Societas Socialis* (SOS) Children's Villages?
- b. What support do you think you need in order that you attain self –reliance?
- c. What initiatives do you think you need to implement in order that you are self-reliant?
- d. How do you think lack of education affects households receiving food parcels from *Societas Socialis* (SOS) Children's Villages?
- e. Which factors contribute the most to your continued participation in the food parcel intervention?

## **Interview guide 5: Focus group**

### **An evaluation of food parcel interventions by Societas Socialis (SOS) Children's Villages in the context of HIV and AIDS: a case study of Ennerdale informal settlement in Johannesburg, South Africa**

Focus group interview guide (community representative, SOS representative, government representative, recipients of food parcels who are 18 years and above).

Date: \_\_\_\_\_

Thank you all for coming today. The goal of today's meeting is to discuss your experiences of the food parcel intervention by SOS Children's Villages. All feedback today will remain anonymous. In order to maintain anonymity, I ask that anything that is said during today's session is not repeated outside of our session.

- a) What do you understand to be the objective of the SOS food parcel intervention?
- b) What are the first things that come to mind when you think about the food parcel intervention by SOS?
- c) What do you think about the income generating activities in SOS?
- d) How would you explain the sustainability of food parcel intervention by SOS Children's Villages?
- e) What do you think could be the main reasons why recipients of food parcels remain in the programme for more than five years?
- f) What, in your opinion are other interventions to introduce in order to promote self-reliance of all SOS programme participants?

Thank you for taking time to participate today. Your feedback will be collected and included in a report and all feedback will be reported anonymously. Your insights will help the student researcher in better understanding your experiences of the food parcel intervention what is important to you.



## APPENDIX B: REQUEST FOR CONSENT TO PARTICIPATE IN RESEARCH STUDY

I am an MA student at the University of South Africa, presently engaged in a research project entitled “*An evaluation of food parcel interventions by Societas Socialis (SOS) Children’s Villages in the context of HIV and AIDS: a case study of Ennerdale informal settlement in Johannesburg, South Africa*” under the supervision of Dr. N C Mthembu.

The specific objectives of this study are:

- to investigate the success of SOS’s food parcel distribution intervention.
- to investigate the subjective experiences, in relation to food parcels, of individuals and households affected by HIV and AIDS.
- to determine whether food parcel distribution promotes self-reliance of households affected by HIV and AIDS.

In order to complete this study I need to conduct interviews of approximately 44 to 60 minutes’ duration, which will be recorded. In this study I undertake to safeguard your identity by omitting the use of names and places. Only an independent expert on this research and I will share the transcribed material. You are giving informed consent to these proceedings and reserve the right to withdraw from the study at any stage. It is understood that you are under no obligation to participate in this study. Your information will be treated with utmost confidentiality and will be kept anonymous unless you provide written consent. This consent form will not be linked to the questions asked. The direct benefit to you for participating in this study is that you will have the opportunity to verbalise your experiences of food parcel distribution *by Societas Socialis (SOS) Children’s Villages*. A summary of the research findings will be made available to you on request. Should you wish to contact the researcher, you may do so at the following address:

Mr Vincent Hlabangana. 68 Kroton street South. Weltevredenpark, Roodepoort. Cell: 0849232027.

Thank you,

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(Signature) Participant

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V Hlabangana,  
(Researcher)

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Dr. N C Mthembu  
(Supervisor)

## APPENDIX C: ETHICAL CLEARANCE CERTIFICATE

# UNISA

### UNISA DEPT. AFRICAN LANGUAGES RESEARCH ETHICS REVIEW COMMITTEE

01 March 2019

Dear Vincent Hlabangana

NHREC Registration  
240516-052  
CREC Reference: 2019-CHS0248  
Name: Vincent Hlabangana  
Student #: 36830399

Decision: Ethics Approval from 01 March  
2019 to 28 February 2022.

Researcher(s): Vincent Hlabangana

[36830399@mylife.unisa.ac.za](mailto:36830399@mylife.unisa.ac.za)

0849232027

Supervisor (s): Dr NC Mthembu

Department of Sociology

0124296402

#### Research Title

An evaluation of food parcel interventions by Societas Socialis (SOS) Children's Villages in the context of HIV and AIDS: A case study of Ennerdale informal settlement in Johannesburg, South Africa

Qualification: Masters (Sociology)

Thank you for the application for research ethics clearance by the Unisa Department of English studies Ethics Review Committee for the above mentioned research. Ethics approval is granted for 3 years .

*The high risk application was reviewed by a sub committee of URERC on 27 February 2019 in compliance with the Unisa Policy on Research Ethics and the Standard Operating Procedure on Research Ethics Risk Assessment. The decision was approved on 01 March 2019.*

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The proposed research may now commence with the provisions that:

1. The researcher(s) will ensure that the research project adheres to the values and principles expressed in the UNISA Policy on Research Ethics.
2. Any adverse circumstance arising in the undertaking of the research project that is relevant to the ethicality of the study should be communicated in writing to the CHS Research Ethics Committee.
3. The researcher(s) will conduct the study according to the methods and procedures set out in the approved application.
4. Any changes that can affect the study-related risks for the research participants, particularly in terms of assurances made with regards to the protection of participants' privacy and the confidentiality of the data, should be reported to the Committee in writing, accompanied by a progress report.
5. The researcher will ensure that the research project adheres to any applicable national legislation, professional codes of conduct, institutional guidelines and scientific standards relevant to the specific field of study. Adherence to the following South African legislation is important, if applicable: Protection of Personal Information Act, no 4 of 2013; Children's act no 38 of 2005 and the National Health Act, no 61 of 2003.
6. Only de-identified research data may be used for secondary research purposes in future on condition that the research objectives are similar to those of the original research.  
Secondary use of identifiable human research data require additional ethics clearance.
7. No field work activities may continue after the expiry date (28 February 2022). Submission of a completed research ethics progress report will constitute an application for renewal of Ethics Research Committee approval.
8. Note: The reference number 2018-CHS-0248 should be clearly indicated on all forms of communication with the intended research participants, as well as with the Committee.

Yours sincerely,

Signature



CREC Chair

Dr Suryakanthie Chetty

[Chetts@unisa.ac.za](mailto:Chetts@unisa.ac.za)

0124296267



Executive Dean: CHS

Prof. AP Phillips

[Phillao@unisa.ac.za](mailto:Phillao@unisa.ac.za)

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ERC 25.04.17 Decision template (V2) – Approve

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## **APPENDIX D: CONFIDENTIALITY AND ANONIMITY**

In this study, you will be asked questions that some of you might find personal and may find difficult to respond to. Please note that your answers you will be providing are completely confidential and your name will not be written on this form and will never be used in connection with any of the information provided. Neither will your name be linked to any question asked. You are also notified that you do not have to answer any questions that you feel you are not willing or comfortable to answer. You may end this interview at any time you want. Please note that we would greatly appreciate your assistance and participation in this study.

If you want to contact the researcher and/or research supervisor during office hours, you are free to call these numbers:

Research Supervisor: 012 4296402

Researcher: 012 3568316

Signature of participant \_\_\_\_\_ Date\_\_\_\_\_

Signature of researcher \_\_\_\_\_ Date\_\_\_\_\_

## APPENDIX D: CONSENT TO PARTICIPATE IN THIS STUDY

I, \_\_\_\_\_ (participant name), confirm that the person asking my consent to take part in this research has told me about the nature, procedure, potential benefits and anticipated inconvenience of participation.

I have read (or had explained to me) and understood the study as explained in the information sheet.

I have had sufficient opportunity to ask questions and am prepared to participate in the study.

I understand that my participation is voluntary and that I am free to withdraw at any time without penalty (if applicable).

I am aware that the findings of this study will be processed into a research report, journal publications and/or conference proceedings, but that my participation will be kept confidential unless otherwise specified.

I agree to the recording of the <insert specific data collection method.

I have received a signed copy of the informed consent agreement.

Participant Name & Surname.....(please print).....

Participant Signature.....Date.....

Researcher's Name & Surname.....(please print).....

Researcher's signature.....Date.....

